



**Michigan Firefighters SMOKE Approved Training
Sponsored by Lenawee County Fire Chiefs**

Q61A: Zero To 60: Managing The Adrenaline & Day-To-Day Exposures

March 19, 2018 @ 7:00 -10:00 p.m.

**Cambridge Township Hall at 9990 West M-50
Onsted, MI 49625**

Register in the SMOKE system

This training will instruct through real-life examples how the inability to manage the cumulative stress from daily exposures to trauma and adrenaline affects the way we act and how it is directly related to our safety, decision-making and capacity to remain ethically solid as individuals and organizations.

This course will provide responders and their loved ones the ability to manage everyday stressors and understanding how it affects everyday life with destructive tendencies. Furthermore, the course will provide detailed guidelines and instruction on how to understand and identify warning signs of chronic stress, post-traumatic stress and suicide.

- Stepping off the adrenaline roller coaster
- Understanding the "Terrible 10"
- Becoming aware of suicidal tendencies
- Recognizing the symptoms of PTSD
- Reducing critical incident stress
- Contrasting core values vs. situational values
- Identifying cumulative acute stress
- Distinguishing important warning signs
- Learning the four Cs of survival
- Understanding support keys and phrases
- And more

**This is open to ALL Emergency
Personnel & Their Loved Ones!**

- Fire Personnel
- Dispatchers
- Law Enforcement
- Paramedics
- EMT's
- Family & Friends

\$5.00 Charge for non-fire personnel

- " You and Mike are saving lives, saving relationships and preventing substance abuse with every presentation. Every public safety employee should attend this valuable training."

Sr. Deputy Police & Fire Chief

- ""This is one of the best classes I have taken. It should be a requirement by the state!"

Firefighter